

2013 FINAL REPORT



AMERICAN HIKING SOCIETY

NATIONAL TRAILS DAY®

On American Hiking Society's National Trails Day® 2013, a group of hikers traverse La Jolla Canyon, California, after the Springs Fire devastated the area only a month prior. Said photographer/hiker Paul King, "The contrast to early spring (when it was lush and filled with colorful yellow flowers from the giant coreopsis) is remarkable. What's left of the giant coreopsis are rusty burnt skeletons. It's very sad, but I will see them there again in the future." (Quote and photograph courtesy of Paul King - Winner of the 2013 National Trails Day® photo contest)

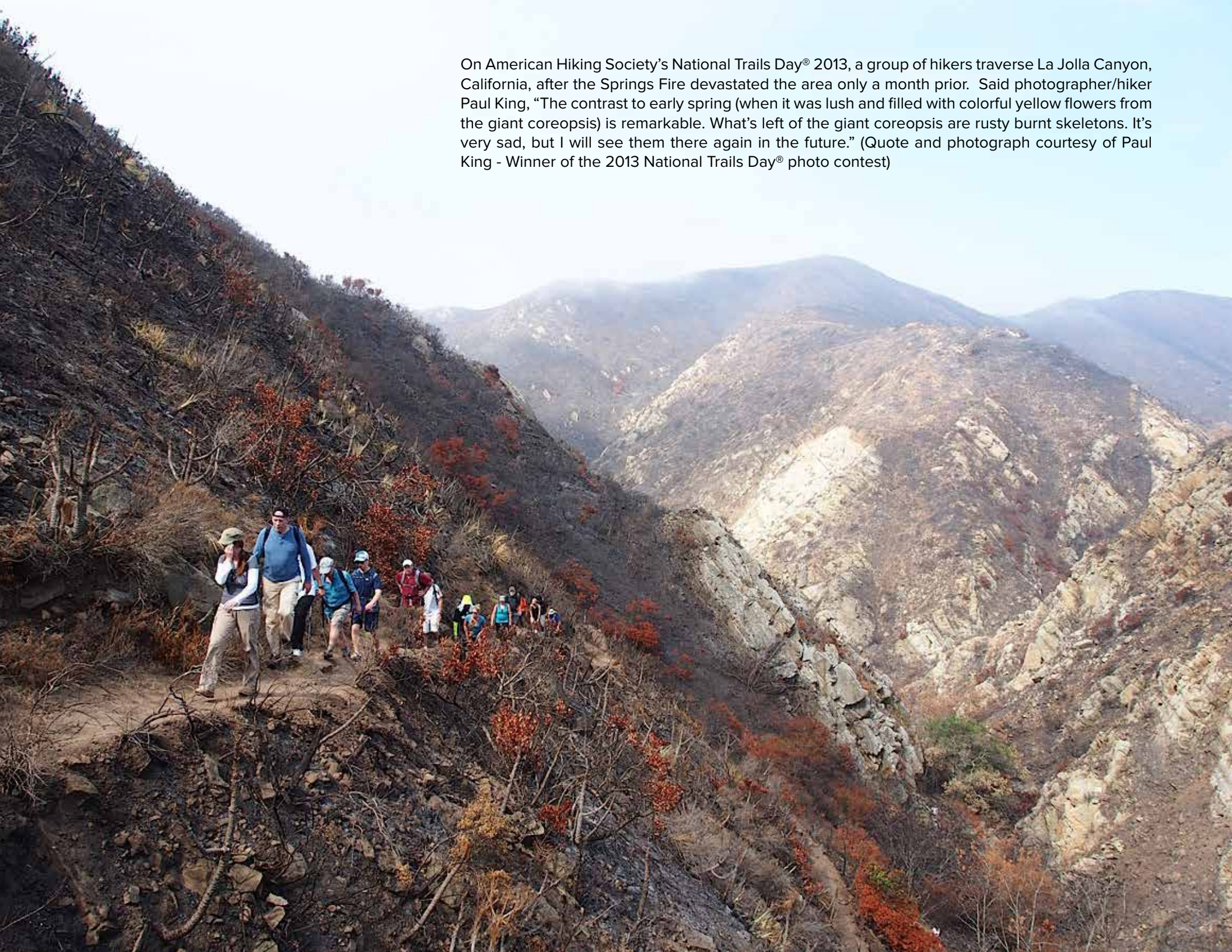


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Official NTD artwork designed by Sharon K Schafer of Skydance Studios.
This report was designed by John D Michels, Trail Programs Manager, and
Emily Fink.

PRESIDENT'S MESSAGE

Dear Trail Enthusiast,

On July 15, 2013, President Barack Obama invited former President George H.W. Bush back to the White House to congratulate him on his outstanding legacy of volunteerism in America. President Obama highlighted the importance of volunteerism in the fabric of modern American society by contrasting today's level of stewardship with that of 1989 - a sustained growth of more than 25 million volunteers.

"Volunteerism has gone from something some people do some of the time to something lots of people do as a regular part of their lives."

-President Barack Obama

Volunteers come in all shapes and sizes, with different ages, backgrounds and beliefs, yet they are all committed to service. Today, I would like to reiterate the gratitude we have for our nation's volunteers and call attention to a specific segment of the volunteer force - those who help build and restore America's trails.

America's great trails do not build nor sustain themselves. In fact, a vast percentage of our trails are maintained by volunteers every year. While these stewards can be found working year-round to ensure quality trails are available to the public, the collective power is harnessed and passionately displayed on one day in particular, American Hiking Society's National Trails Day®.

National Trails Day® 2013, brought together more than 24,300 volunteers to give many trails across the nation the tender loving care they require. Working tirelessly, these volunteers worked for a combined 109,000+ hours and maintained more than 2,000 miles of trails. On this single day, their efforts saved the nation \$2.4 million in costly trail repair.

My sincere thanks go out to these and the tens of thousands of volunteers and trail enthusiasts who give so generously of their time

and effort day after day, year after year. My thanks also go out to our generous corporate sponsors, and our dedicated agency and trail organization partners, without whom organizing National Trails Day® would not be possible. Through our collective efforts, we will continue to develop, maintain and protect trails and their surrounding natural areas to leave a positive outdoor legacy for future generations.

Sincerely,



Gregory A. Miller, Ph.D.
President
American Hiking Society



EXECUTIVE SUMMARY

Saturday, June 1, 2013, marked American Hiking Society's 21st Annual National Trails Day®. Across the country, hundreds of individuals and host organizations arranged local recreational events to celebrate America's magnificent trail system. Outdoor enthusiasts took to the trails to participate in hikes, bike rides, trail maintenance projects, paddling events, trail dedications, and more. This year was America's largest National Trails Day® celebration to date, with 2,255 registered trail-related activities celebrated in all 50 states, the District of Columbia and Puerto Rico.

Since 1993, American Hiking Society has coordinated National Trails Day® on the first Saturday in June so that Americans from all walks of life can recognize the importance of and show their support for trails by using, maintaining and building them. This year...



- 2,255 activities took place in all 50 states, Washington DC, and Puerto Rico, engaging more than 134,000 people on trails.
- 24,300 trail volunteers participated in 528 projects and maintained 2,084 miles of trail, resulting in \$2.4 million of sweat equity.
- 69,000 hikers attended 1,132 hikes and covered a cumulative distance of 313,000 miles
- 11,000 bikers attended 140 bike rides and covered a cumulative distance of 172,000 miles
- 6,400 paddlers attended 57 paddling trips and covered a cumulative distance of 38,000 miles
- 1,400 equestrians attended 35 horseback riding trips and covered a cumulative distance of 16,000 miles

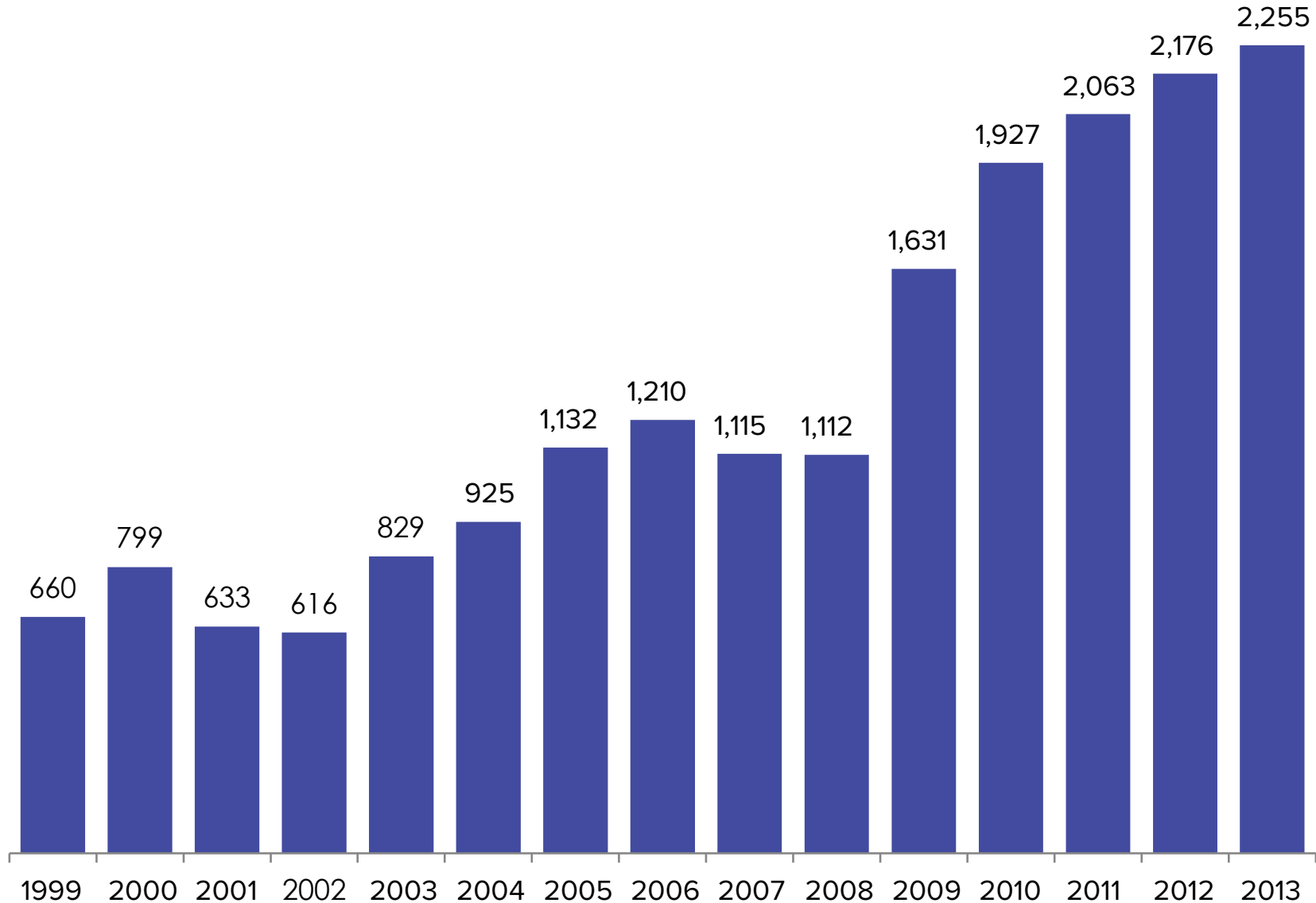
National Trails Day® 2013 was made possible by our generous sponsors: The North Face, Merrell, Columbia, Adventure Medical Kits, Gregory and Gerber; and Federal Agency Partners: USDA Forest Service, US Fish and Wildlife Service, National Park Service, Bureau of Land Management, and the Federal Highway Administration.



PROGRAM GROWTH

Every year, more outdoor organizations and recreation clubs join the National Trails Day® celebration to show support for trails and to give their members, employees, neighbors, families and friends the opportunity to experience the great outdoors. Many have celebrated NTD every year since its inception in

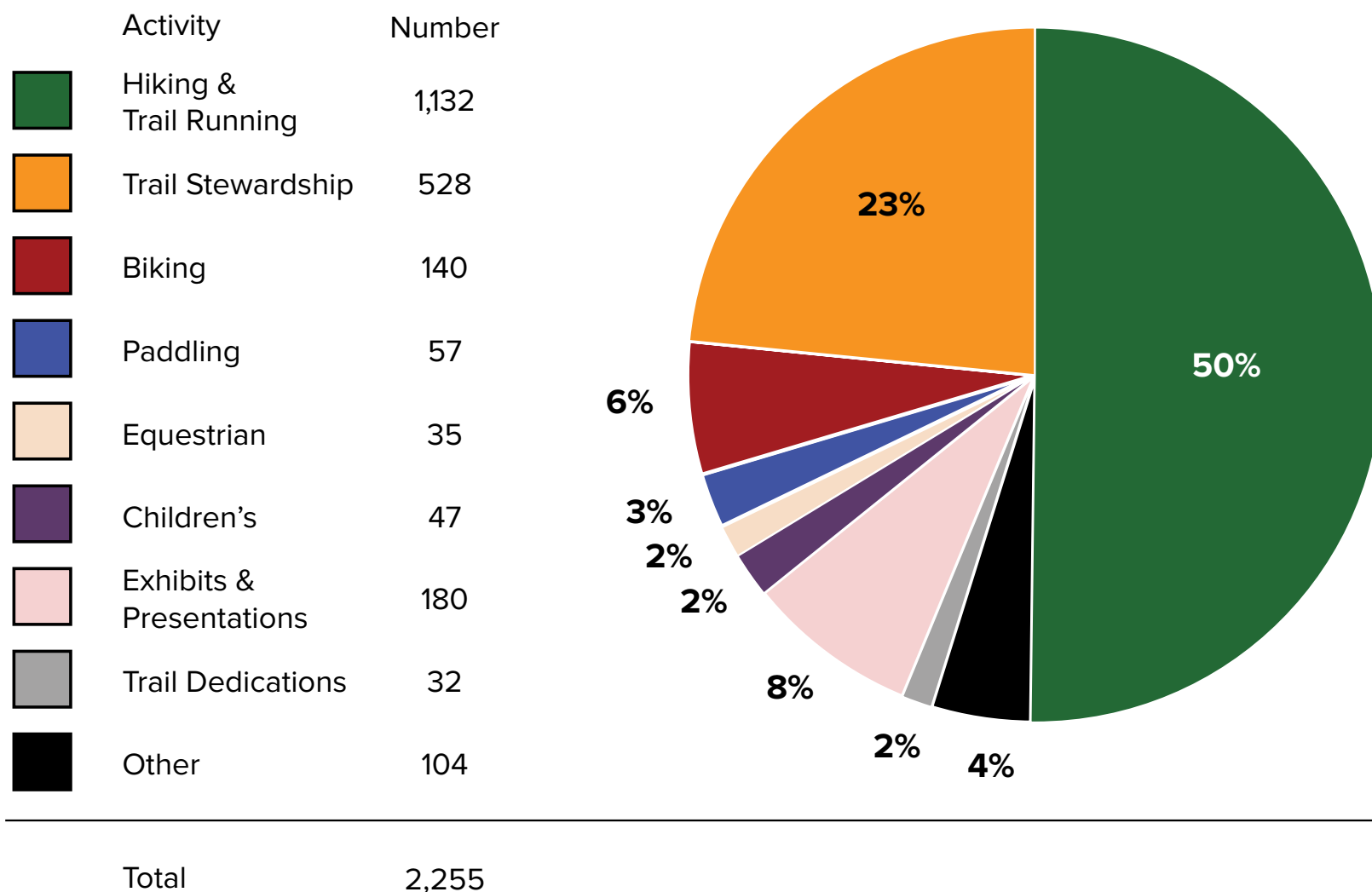
1993. This year, the NTD activity count continued to grow, surpassing 2012's count by 4%. At 2,255 activities, June 1, 2013, was the largest National Trails Day® celebration in our history.



ACTIVITIES BY TYPE

In 2013, hiking and trail running were the most common activities to occur on National Trails Day®, accounting for 50% of the total. Trail stewardship, which includes trail building, maintenance, cleanups & invasive species removal, took second place in overall prevalence. This year there were 114 more

stewardship activities than there were in 2012 (28 % increase). AHS looks forward to seeing continued emphasis on trail stewardship by NTD event hosts in future years.



HIKING



Central to American Hiking Society's mission is the promotion and protection of the hiking experience. Hiking enables people everywhere to get outside, experience nature and view breathtaking landscapes. It also happens to be a very healthy activity and one that is accessible by people of all ages.

On National Trails Day®, hiking was the singlemost pervasive activity among participants - accounting for over half of all registered activities. In 2013, more than 69,000 hikers traveled a combined 313,000 miles. That's the equivalent of traveling 14 times around the earth.

Think that's amazing? On the following pages are collected stories from the many hikers, bikers, paddlers, and equestrians who traveled thousands of miles in support of National Trails Day®.

Read on!



ABOVE: Oakland Co Parks continued their tradition of celebrating National Trails Day® by partnering with the Audubon Club. They led a wonderful birding walk through the fields of Orion Oaks in Oakland County, Missouri. (Photo by Kathleen Dougherty)

RIGHT: Tropical Trekkers chapter of the Florida Trail Association celebrated National Trails Day® with a guided 5.5 mile hike at Seabrook Preserve State Park in Stuart, Florida. On their journey, participants passed many acres of rare sand pine scrub, scrubby flatwoods, baygall community, and mangrove swamp. (Photo courtesy of Jay Levitt)



LEFT: "Thumbs up on the Tom's Thumb Trail for National Trails Day®!" The CVL Hike Club braved the heat and conquered Tom's Thumb Trail, outside of Scottsdale, Arizona, in celebration of National Trails Day®. (Photo and quote by Kathleen Fitzpatrick)



RIGHT: Twenty-one hikers joined a Trails Day event at Mill Creek Nature Center in Buford, Georgia. The nature walk through the wetlands included passing over the new boardwalk section built by a local Eagle Scout. (Photo courtesy of Suzy Downing)



HIKING



ABOVE: In California, Conejo Open Space Conservation Agency continued their tradition of celebrating National Trails Day® by hosting a geocaching event. About 20 participants came out to join the hunt! (Photo courtesy of Shelly Austin)



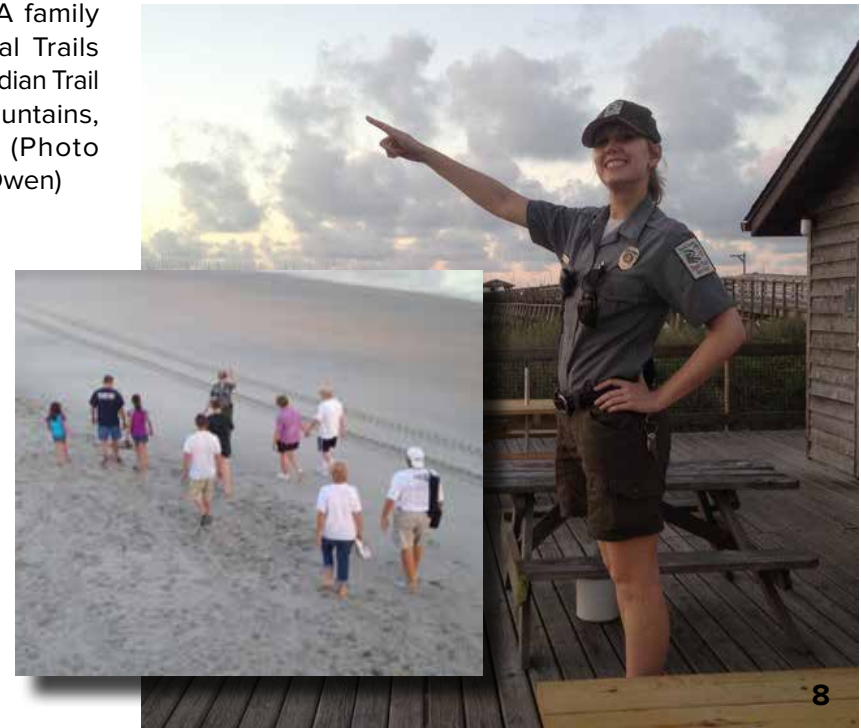
LEFT: When a hiking group stopped to take a break in La Jolla Canyon, California, they noticed this little ash-covered fellow sunning himself on a charred tree. "I was very happy to see that some wildlife had survived the Springs Fire." (Photo by Paul King)



LEFT: Hikers take a walk on the newly created Bullet Hole Spur Trail, part of the Andes Rail Trail in Andes, New York while celebrating National Trails Day®. (Photo by Ann Roberti)



BELOW CENTER: A family celebrated National Trails Day® by hiking the Indian Trail in the Wasatch Mountains, Ogden, Utah. (Photo courtesy of David Owen)



HIKING

NOT PICTURED: In Kentucky, Cumberland Falls State Resort Park hosted a guided 5.4 mile hike to celebrate National Trails Day®. Twenty participants hiked from the State Park to Dog Slaughter Falls. (Information provided by Pamela Gibson)



ABOVE: A group of birders visited Pictograph Cave State Park near Billings, Montana. Albracht said, "It was wonderful to have this opportunity to enjoy the sunshine and discover some new trails." (Photo by Kim Albracht)



LEFT: Cub Scouts from Pack 40 in St. Joseph, Illinois enjoyed National Trails Day® by hiking in Funk's Grove. The Grove includes many special, natural elements including this 190 year old Burr Oak tree. (Photo by Greg Knott)

RIGHT: White Oak Lake State Park in Arkansas hosted a guided hike for National Trails Day®. Sarah Jones says that, "the guided hike brought the forest alive to participants." Hikers were careful to avoid a Black Widow Spider nest they found in an American Holly Tree. (Photo by Sarah Jones)



LEFT: Killens Pond State Park in Delaware sponsored a family friendly nature walk to celebrate National Trails Day®. People of all ages stepped outside and enjoyed the outdoors together. (Photo by Daphne Stubbolo)

RIGHT: "Today, my husband Jason and I spent National Trails Day® at Huntsville State Park in Huntsville, Texas. We wanted to make this National Trails Day® special by visiting a new State Park. We enjoyed a four mile hike on natural trails and hills overlooking Lake Raven." (Photo and quote by Damaris Watson)



ABOVE: More than 50 people ran, hiked and biked the 6.5 mile Rush Run Trail in Stonewall Resort State Park in West Virginia as part of Stonewall Resort's first National Trails Day® event on June 1. All entrants, ranging in age from 10 to over 60, completed the event. And, taking into account the 90 degree heat, it was quite an adventure. (Photo courtesy of Samantha B. Norris)

RIGHT: Hikers celebrate National Trails Day® by hiking the James E. Edmonds Trail at Black Rock Mountain State Park in Georgia. (Photo by Philip Guhl)



HIKING



ABOVE: Kelli Scholeberg went on a family hike to celebrate National Trails Day®. They hiked the Bridle Trail on Casper Mountain in Wyoming. Kelli called the hike “gorgeous.” (Photo courtesy of Kelli Scholenberg)

LEFT: Hikers cooled off in the Presumpscot River after celebrating National Trails Day®, with a 10-mile guided hike along the cross-city Forest City Trail in Portland, Maine. Portland Trails led the 7 hr day full of flora, fauna, and narrative. (Photo by Katie Brown)

BELOW: Palo Duro Canyon State Park Interpreter, Bernice Blasingame, and visitors on the CCC Trail Hike in Texas. (Photo courtesy of Bernice Blasingame)



ABOVE: In order to relive a fond childhood memory, Emily Baker and her cousins decided to take a hike in Colonel Denning State Park on National Trails Day®. More than 50 years ago, she and her extended family had a reunion at this State Park near Newville, Pennsylvania. “We chose Flat Rock Trail because we hiked it as children... Although this was a fairly rugged hike, we persevered and completed the 5 mile round-trip. Plans are in the early stages to do a different hike every year on the first Saturday in June - National Trails Day.” (Photo and quote courtesy of Emily (Yohe) Baker)

LEFT: Hikers take it step by step while enjoying National Trails Day® on the Petroglyph Trail in Mesa Verde National Park in Colorado. (Photo by Nancy Young)

STEWARDSHIP



Trail stewardship is an essential element of National Trails Day®. Every year, thousands of volunteers put on work gloves and grab shovels, picks, and pulaskis, to prepare our nation's prized pathways for the busy summer season. This year, on National Trails Day® alone, more than 24,300 volunteers helped build, maintain, and restore 2,084 miles of trail nationwide. Put in perspective, that length is the equivalent distance of a trip between Washington, DC and Las Vegas, NV.

Volunteerism is absolutely vital to the maintenance and overall health of America's National Trails System. In addition to the dedicated efforts of the various Federal, State, and Local agencies - non-paid volunteers are a complementary, if not guiding force, at nearly every stage of trail development - surveying, planning, construction, and preservation. The National Park Service supports the use of volunteers, "Trails offer unmatched quality of life experiences in outdoor recreation, education, scenic

transportation, and access to the precious natural and cultural resources that define us as a Nation. And, essential to all these efforts is an unwavering, impressive, and ever growing cadre of volunteers." - FY09 National Trails System Annual Report.

A big thank you to all of the National Trails Day® volunteers who worked hard to improve the quality of our nation's trails. You've provided a tremendous service to the country. Job well done!



LEFT: The Appalachian Mountain Club, Narragansett Chapter, celebrated National Trails Day® with a stewardship project in Rockville, Rhode Island. Members of the club constructed a foot bridge to make the local trail safer for users. (Photo courtesy of Cristy Rice)



LEFT: Sterling Falls Gorge Natural Area Trust hosted a trail work day in honor of National Trails Day®. They performed eight hours of work along the Sterling Trail near Stowe, Vermont. (Photo courtesy of Gar Anderson)



LEFT: The Army Corps of Engineers staff and corps members recognized National Trails Day® by participating in several different trail related projects in Prescott, Arizona. Working with mountain bikers, hikers, and horse riders, Forest Ranger Jason Williams led the group of 32 volunteers on their work to improve the safety of the Thumb Butte trail, a popular mixed-use trail. Approximately 100 yards of rerouted trail were put in to bypass a steep, rocky section. The event concluded with the Prescott Trail Safety Coalition speaking about their efforts to rally community support for educational safety outreach. (Photo courtesy of Matthew Roberts)

STEWARDSHIP



ABOVE: The Red River Gorge Trail Crew celebrated National Trails Day® by helping extend the trail system in Daniel Boone National Forest in Kentucky. They helped build a new section of trail on Auxier Ridge. (Photo courtesy of Charlie Rowe)



BELOW: A volunteer group of twenty-six participated in a trail project on the Los Padres National Forest, California. Everyone was committed to improving the trail while having a great day outside. (Photo by Heidi Anderson)



ABOVE: Tennessee Trails Association volunteers trimmed the invasive kudzu tendrils that took over the forest trail at Randolph Bluff. "Walking along the trail through the kudzu patch, hikers feel as if they have been transported from rural Tennessee to a balmy tropical rainforest!" (Quote and photo courtesy of Tara Wohlgemuth)

STEWARDSHIP



ABOVE: Idaho Trails Association celebrated National Trails Day with work on Roberson Trail West on the Bruneau River in southwestern Idaho. Michael Beaudoin describes it as, “A true oasis in the desert” (Photo by Michael Beaudoin)

EVENT NOT PICTURED - Twelve members of the High Desert Back Country Horsemen cleared 3 miles of the Rimview Trail in Sawtooth National Forest, Idaho, during a National Trails Day® cleanup project. (Information provided by Susan Vance)

EVENT NOT PICTURED - Six volunteers from the Larimer County Horseman Association celebrated National Trails Day® by cleaning up the Lion Gulch Trail in Colorado, working to keep the trail safe for all users. “LCHA has maintained this trail for about 20 years. It is a beautiful trail and we take good care of it three times each year.” - Hugh Templeton

STEWARDSHIP

BELOW: In Ohio, members of the Mohican Trail Club in the Ashland/Richland county area dedicated one of their recent projects at the Mohican State Park; the 115 step wooden stairway constructed to take hikers and trail runners up to the Big Lyon Falls area. After the dedication members hiked a 5K loop around the Mohican State Park. "Thanks Mohican Trail Club for the wonderful wooden bridges, walk overs and stairs you've built over the years! It makes walking in the park more enjoyable for all!" (Courtesy of Jen Weidinger)



ABOVE: Green Mountain Club hosted a trail cleanup and hike on Long Trail in Bolton, Vermont. Volunteers broke into groups to clean trails and lodges. (Photo by Pamela Gillis)



BELOW: Mary McKinley celebrated National Trails Day® by working to preserve trails in Denali National Park, Alaska. Here, she provides a little TLC to the Triple Lakes Trail. (Photo by Mary McKinley).



ABOVE: Volunteer work with REI Tustin in Tustin, CA on an important National Trails Day® project. (Photo courtesy of Lyndie Bradshaw)

EVENT NOT PICTURED: In South Carolina, Congaree National Park hosted a 3-hour National Trails Day® event to collect and clean up trash along the Congaree River. As a first time NTD host, the Bates Landing Cleanup had nine participants who collected about 30 bags of trash. (Courtesy of Corinne Fenner)

ABOVE: The Traildusters Chapter of the Back Country Horsemen worked to clear a substantial amount of trail in Washington during National Trails Day®. They even spotted a bear print while working! (Photos courtesy of Connie Hoge)

BICYCLING

Although American Hiking Society is principally an advocate for America's hikers, our constituency acknowledges and supports the importance of multi-use trails when established and used properly. Mountain biking is an incredibly popular pasttime for many Americans, a fact supported by the large

turnout for biking events on National Trails Day®. This year, over 10,000 cyclists participated in biking activities on June 1. In total, cyclists rode a combined distance of 172,000 miles - that's roughly 7 times around the earth.

On National Trails Day®, both families and individuals were able to connect with the outdoors through cycling. Events included guided group rides, races, workshops on bike and trail safety, and bike trail maintenance projects. Read on to learn more about the fun biking activities that happened on NTD.



LEFT: The 21st annual B&O Bicycle Tour cycled its way through Hendricks County, Indiana. Hosted by Hendrick's County Trail Development Association, the National Trails Day® event continued after the bike ride with music and a BBQ lunch. (Photo courtesy of Diana Virgil)



RIGHT: A mountain biker attends the Bureau of Land Management National Trails Day® event in Kingman, Arizona. (Photo courtesy of Matthew Driscoll)



BICYCLING



LEFT: Mountain bikers on the Bonneville Shoreline Trail in Ogden, Utah. Ogden is a hiking/ mountain biking mecca and the secret is starting to get out. (Photos and quote by David Owen)



BELOW: Bikers ride on the newly opened Cowboy Trail in Norfolk, Nebraska. (Photo by Kevin and Cheryl Johnson)



ABOVE: The Green Mountain National Forest hosted a variety of events to celebrate the opening of a new mountain biking trail system in Warren, Vermont. Events included guided bike rides and free gear demonstrations by XPrezo. Even Smokey Bear made a guest appearance. (Photo courtesy of Holly Knox)

LEFT: Katie and Roger Blake participated in the T-Bone Trail Ride for National Trails Day® in southwest Iowa. (Photo by Lora Kanning)



PADDLING

A trail, by its simplest definition, is a path along which something travels or moves. And given that National Trails Day is all about celebrating human-powered recreation on trails, American Hiking Society enthusiastically endorses NTD celebrations on blueways and water trails. Since the founding of our

country, water trails have had important recreational and transportational purposes. This year, over 6,300 participants chose to discover the benefits of water trails through a variety of NTD paddling activities and water sports. Together participants paddled a combined 38,000 miles.

Read the stories below to see some examples of how NTD paddling events enabled families and individuals to explore many unique water trails.



LEFT: Participants paddled the South river at the XtremeFest of the Blue Ridge event in Virginia. (Photo by Spencer Eavers)



BELOW: Vancouver-Clark Parks and Recreation continued their tradition of celebrating National Trails Day® by hosting Pedal, Paddle, Picnic in Ridgefield, WA. They unveiled the new Lower Columbia River Water Trail sign. (Photo and information provided by Jean Akers)



NOT PICTURED: Camp Bayou Outdoor Learning Center hosted Paddling the Bayou. It included guided canoe tours to celebrate National Trails Day®.

RIGHT: NTD participants went Whitewater Tubing (Photo courtesy of Rick Tutnick)



HORSEBACK

Horseback riding is another great way to explore America's trails. All over the country are multi-use and equestrian-specific trails that allow riders the opportunity to explore some of our nation's historic trails. To highlight the

importance of these trails, more than 1,300 equestrians attended horseback riding events on National Trails Day. Together they rode a combined 16,000 miles.

EVENT NOT PICTURED: To celebrate National Trails Day®, the Brownfield Chapter of Back Country Horsemen hosted a Fun Ride. They brought together outdoor enthusiasts and celebrated everything Cole Creek Trail has to offer.

BELOW: Greensboro, NC celebrated their 16th Annual National Trails Day® with a festival. The local equestrian trails alliance brought a pony for the kids and the festival also included a herding demonstration. (Photo by Madeleine Carey)



ABOVE: The Garden Gables Inn and Bershire Naturals hosted their first National Trails Day® event with a nature walk through Kennedy Park in Lenox, Massachusetts. The event attracted walkers, trail runners, and equestrians who enjoyed the beautiful view from the overlook. (Photo courtesy of Holly Brouker)



Six Sigma Ranch in Lower Lake, California
NTD Photo Contest Entry by Kimberly Riley

EDUCATION

Sustainable trail systems bring people together, connect them with our national and cultural heritage, promote healthy lifestyles and serve an integral role in conservation. Many event organizers use National Trails Day® as

a platform to help educate citizens on the importance of trails in America. Children's activities also introduce thousands of kids to nature and trails across the country.

EVENT NOT PICTURED - Sugar Grove Nature Center in McLean, Illinois, hosted guided hikes, seminars, informational booths and other fun activities on National Trails Day®. This was the first large signature event planned by the Illinois Grand Prairie Master Naturalists group. Over 40 individuals were involved in the planning and execution of the event and were able to take pride in an event well done. "We come to Sugar Grove Nature Center often, but had never explored the trails. This was a great event and made us comfortable for exploring on our own in the future," said an individual who frequently visits the Nature Center. This event was also a great opportunity for those who had never been to the Nature Center to gain awareness. "We were so surprised to learn of all the things to see and do in Funks Grove and will be back soon with friends," stated a family who was new to visiting the center. (Information courtesy of Angela Funk)



ABOVE: Grant County Trails Group hosted a hike and a lecture to celebrate National Trails Day®. They had a great turnout with roughly 125 participants. (Photo provided by Nancy Cliff)



ABOVE: L.L. Stub Stewart State Park in Oregon hosted fun, educational activities so kids could learn what is involved in trail maintenance. Participants stated, "It really felt like the best way to spend the day was giving back toward what we enjoy throughout the rest of the year!" (Photos and quote courtesy of Spencer Haley)



ABOVE: In Texas, Mother Neff State Park continued their tradition of celebrating National Trails Day® by hosting a 2 mile hike. The guided hike included a narrative on the history of the land. (Photo by Leah Huth)

EVENT NOT PICTURED - Hamilton County Park District, a first time NTD participant, hosted an invasive plant removal workday along the Badlands and Tallgrass Prairie Trails located in the Maimi Whitewater Forest in Ohio. The event was successful and there were more attendees than Hamilton County Park District had expected. "Thank you for a great event. They (employees) shared a lot of valuable information about our native plants, the invasive species, and the Emerald Ash Borer problem with the group of volunteers," (Quote courtesy of Katie Roselle)

TRAIL DESIGNATIONS

In time for National Trails Day®, twenty-eight new trails were designated as National Recreation Trails (NRTs) by Secretary of the Interior, Sally Jewell, and the Director of the National Park Service, Jon Jarvis. The new trails stretch across eighteen states and add 650 miles to the National Trails System. In her

announcement, Jewell stated, “These 28 new national recreation trails, established through partnerships with local communities and stakeholders, connect federal, state and local lands and waters to provide access to inexpensive, enjoyable outdoor activities for all Americans.” Jarvis encouraged everyone

to explore the new National Recreation Trails to celebrate National Trails Day®. The National Trails System is a network of over 1,200 trails connecting communities, families, and individuals with the outdoors. Below is a list of the 28 newly designated National Recreation Trails:

ALABAMA

Harvest Square Recreational Preserve Trail System
Phenix City Riverwalk
The Forever Wild Coldwater Mountain Trail System
Turkey Creek Nature Preserve Trail System

CALIFORNIA

Nadeau Trail

DELAWARE

Junction and Breakwater Trail
Northern Delaware Greenway Trail
Northern Delaware Greenway Trail
Pomeroy and Newark Rail Trail

FLORIDA

Chipola River Greenway - Butler Trail
Chipola River Greenway - Hinson Conservation and Recreation Area Trail System

IOWA

Sugar Bottom Mountain Biking Trail System
Volksweg Trail

ILLINOIS

General Dacey Trail

MAINE

Timber Point

MASSACHUSETTS

Hellcat Interpretive Trail

MICHIGAN

North Eastern State Trail (NEST)

MISSOURI

Pomme de Terre Multipurpose Trail
Running River Trail

NEW HAMPSHIRE

Mud Pond Trail

NEW MEXICO

Sierra Vista Trail

NORTH CAROLINA

Kings Mountain Gateway Trail

PENNSYLVANIA

Kiski-Conemaugh Water Trail

SOUTH CAROLINA

Three Rivers Greenway

TEXAS

Brownsville Historic Battlefield Trail

VIRGINIA

High Bridge Trail State Park
Tobacco Heritage Trail

WISCONSIN

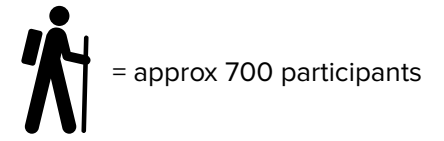
Fox-Wisconsin Heritage Water Trail

In addition to the National Recreation Trail Designations set forth by the Federal government, a number of other trail dedications also occurred on National Trails Day®. This year, there were 32 trail dedications (excluding NRTs).

BELOW: A coalition of organizations celebrated National Trails Day® with the ribbon cutting of this newly completed bridge along the Cowboy Trail in Norfolk, Nebraska. A trail runner “cut” the ribbon after running the length of the trail. (Photo courtesy of Kevin and Cheryl Johnson)



PARTICIPATION

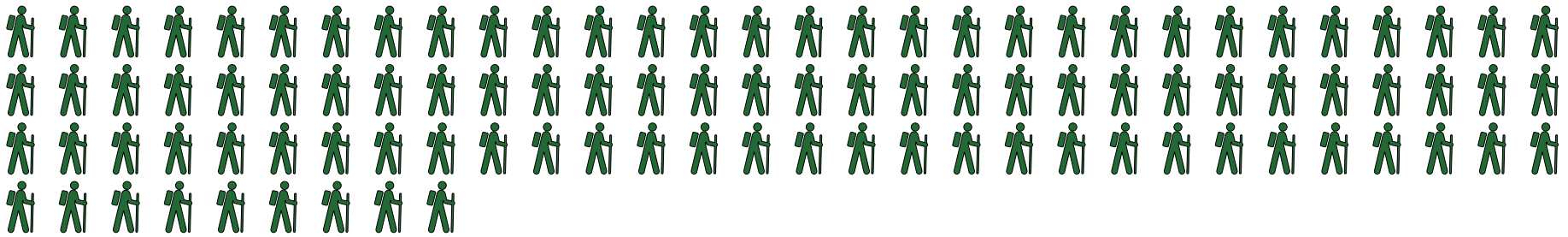


An estimated 134,000 people participated in National Trails Day® events on June 1. Many participated in multiple activities. Not represented below are the 7,200 participants in children's activities, 2,400 participants in trail dedications,

35,700 participants in special exhibits, demonstrations and presentations., and 17,900 participants in other activities such as festivals and rock climbing activities, among others.

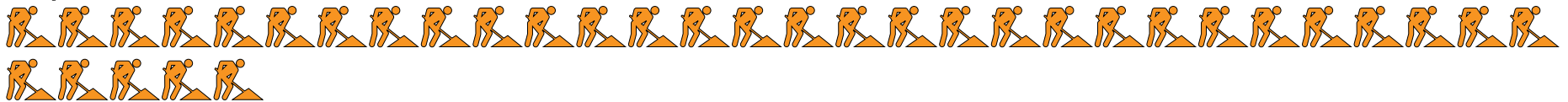
69,000 HIKERS

The average hiker traveled **4.5 MILES**



24,300 VOLUNTEERS

The average volunteer maintained **450 FEET**



11,000 BIKERS

The average biker rode **15.6 MILES**



6,400 PADDLERS

The average paddler traveled **5.9 MILES**



1,400 EQUESTRIANS

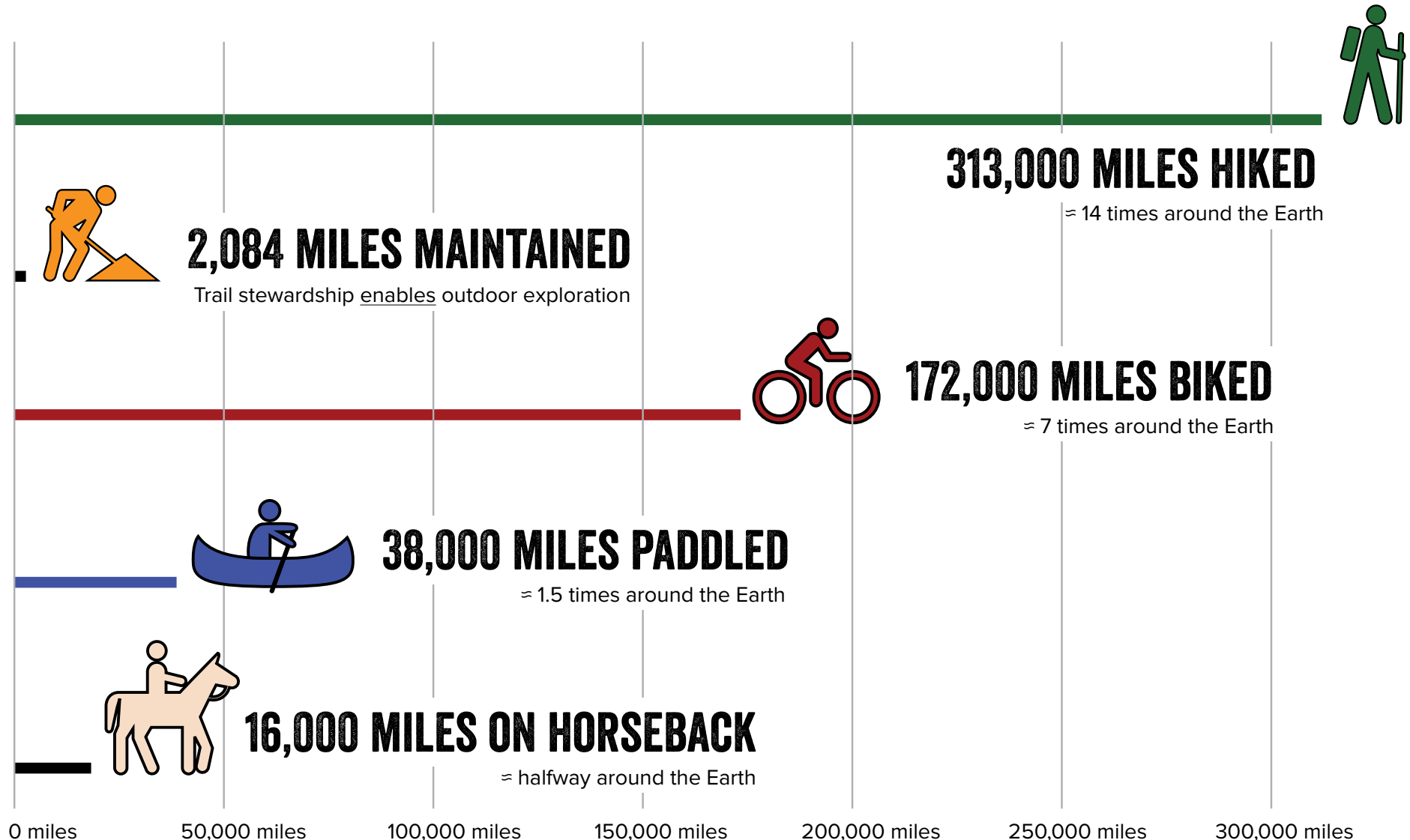
The average equestrian rode **11.0 MILES**



TOTAL DISTANCE EXPLORED

Harnessing the collective actions of the thousands of hikers, volunteers, bikers, paddlers, equestrians and additional outdoor enthusiasts is what gives the National Trails Day® movement its voice. On this singular day, 69,000 hikers traveled a combined 313,000 miles, the rough equivalent of hiking 14 times

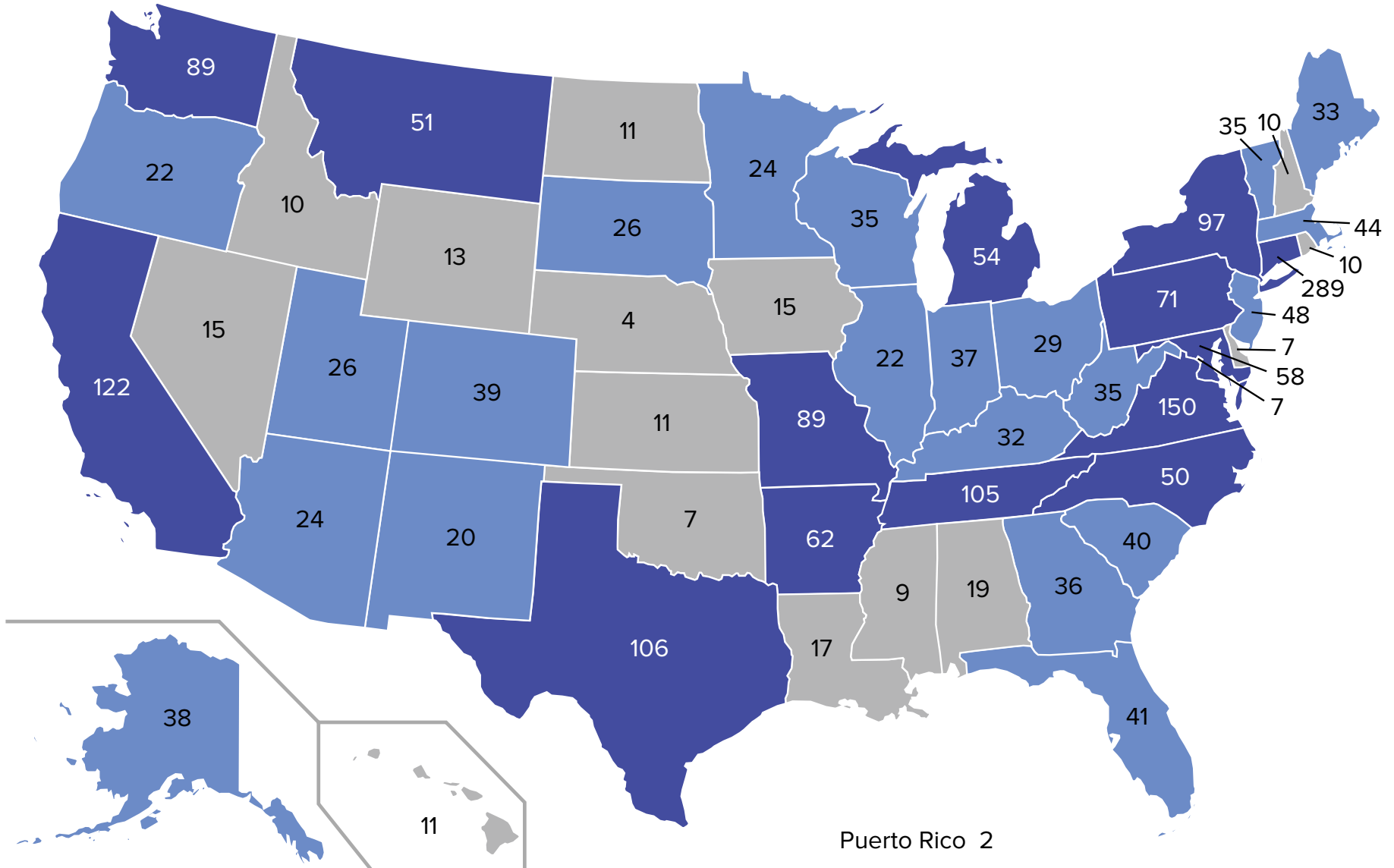
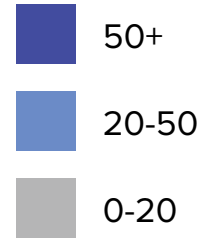
around the earth! 24,300 volunteers built and maintained over 2,000 miles of trail. 11,000 bikers rode 172,000 miles. Paddlers traveled 38,000 miles. And equestrians rode 16,000 miles.



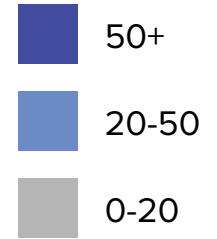
ACTIVITIES BY STATE

For the twelfth year in a row, Americans celebrated National Trails Day® in all 50 States plus the District of Columbia.

The map below displays the number of activities celebrated within a given state.

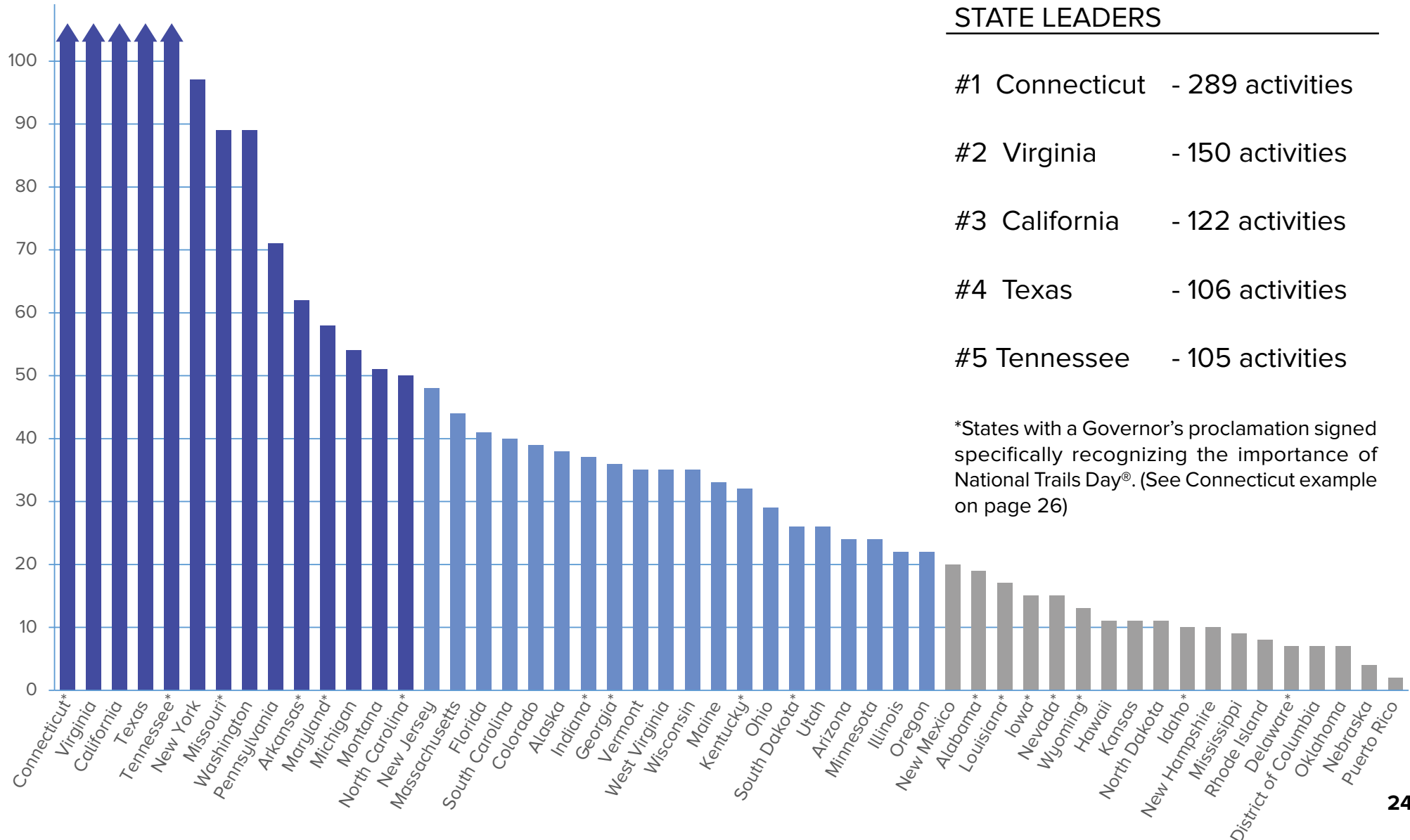


ACTIVITIES BY STATE



National Trails Day® is the perfect day for states to showcase the wonderful recreation opportunities their trails can provide. Several states take full advantage of the occasion year after year, often hosting more than 50 activities for residents to

choose from. This year, AHS welcomes 4 new states to the 50 plus club: Missouri, Arkansas, Michigan, and Montana, for a total of fourteen states with 50 or more activities.



AMERICA'S STATE PARKS

American Hiking Society recognizes the special contributions state agencies make in the continued growth of the National Trails Day® program. This year, 713 activities took place on State Park land (31% of the total). Thanks to strong collaboration with the National Association of State Park Directors (NASPD), this number is more than double that of 2012. Several states including, but not limited to Connecticut, Virginia, Maryland, New Jersey, Missouri, Maryland, and Tennessee demonstrated their support by strongly encouraging all state parks to participate in National Trails Day®.



State Parks

713 activities took place on State Park Land
33,892 people attended

146 trail projects, 7,247 volunteers, 31,792 volunteer hours, 590 miles maintained
418 hikes, 21,627 participants, 1,507 miles covered, 103,200 miles total hiked
37 bike rides, 2,971 participants, 436 miles covered, 38,300 miles total biked
17 paddling trips, 1,487 participants, 98 miles covered, 8,700 miles total paddled
8 horseback rides, 351 participants, 90 miles covered, 3,900 miles total on horseback
87 other activities, 9,836 participants

In addition to the 713 activities held on State Park land, another 61 activities took place in State Forests and another 62 activities on miscellaneous state lands, bringing the total activities held by state agencies up to 836 activities (37% of the total).

Next year, AHS will continue to expand its partnerships with each of America's State Parks and NASPD, particularly with the promotion of NASPD's First Day Hikes and improved collaboration on AHS' National Trails Day® 2014.

GREAT OUTDOORS MONTH

President Barack Obama issued a presidential proclamation recognizing June as Great Outdoors Month to "celebrate our long legacy of environmental stewardship and resolve to preserve clean and healthy outdoor spaces for generations to come." In addition, Governors from all 50 states recognized June as Great Outdoors Month for their state.

Gregory Miller, President of American Hiking Society, worked closely with the Great Outdoors Month Committee. "We have created this partnership based on our mutual goal of getting more Americans outdoors," said Gregory Miller. "American Hiking Society is proud that

National Trails Day®, our signature trail awareness program, continues to serve as the kick-off event for Great Outdoors Month."

Of the 50 Governor's proclamations, seventeen specifically recognized National Trails Day® on June 1st. State proclamations that featured AHS' National Trails Day® are asterisked on the previous page.





GREAT OUTDOORS MONTH, 2013

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

The United States is blessed with a wealth of natural diversity that remains at the heart of who we are as a people. From breathtaking seascapes to the limitless stretch of the Great Plains, our natural surroundings animate the American spirit, fuel discovery and innovation, and offer unparalleled opportunities for recreation and learning. During Great Outdoors Month, we celebrate the land entrusted to us by our forebears and resolve to pass it on safely to future generations.

We owe our heritage to the work of visionary citizens who believed that our obligations as Americans are not just to ourselves, but to all posterity. It is up to all of us to carry that legacy forward in the 21st century—which is why I was proud to launch the America's Great Outdoors Initiative to bring innovative strategies to today's conservation challenges. Alongside leaders in government and the private sector, we are taking action to expand outdoor opportunities in urban areas, promote outdoor recreation, protect our landscapes, and connect the next generation to our natural treasures. And by tapping into the wisdom of concerned citizens from every corner of our country, we are finding new solutions that respond to the priorities of the American people.

At a time when too many of our young people find themselves in sedentary routines, we need to do more to help all Americans reconnect with the outdoors. To lead the way, First Lady Michelle Obama's *Let's Move Outside!* initiative encourages families to get out and enjoy our beautiful country, whether at a National Park or just outside their doorstep. And through the 21st Century Conservation Service Corps, young men and women will get hands-on experience restoring our public lands and protecting our cultural heritage.

Fortunately, we do not have to choose between good environmental stewardship and economic progress because they go hand-in-hand. Smart, sustainable policies can create jobs, increase tourism, and lay the groundwork for long-term economic growth. For example, our National Travel and Tourism Strategy aims to bring more people to all of our national attractions, including our public lands and waters, and the five new National Monuments I was proud to designate earlier this year. Our natural spaces are also laboratories for scientists, inventors, and creators—Americans who sustain a tradition of innovation that makes our country the most dynamic economy on earth.

For centuries, America's great outdoors have given definition to our national character and inspired us toward bold new horizons. This month, let us reflect on those timeless gifts, and let us vow to renew them in the years to come.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim June 2013 as Great Outdoors Month. I urge all Americans to explore the great outdoors and to uphold our Nation's legacy of conserving our lands and waters for future generations.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of May, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA



By His Excellency Dannel P. Malloy, Governor: an

Official Statement

WHEREAS, Connecticut has outstanding opportunities for safe and healthy fun in the Great Outdoors to enjoy our natural splendors; and

WHEREAS, biking, swimming, hiking, climbing, paddling, fishing, hunting, boating and many more activities help us enjoy the physical and mental healthful benefits of outdoor recreation; and

WHEREAS, enjoyment of the Great Outdoors allows us to celebrate the commitment of our state to conserve and protect our air, our water, our wildlife and our lands and continue our support of conservation efforts; and

WHEREAS, Great Outdoors Month includes diverse events designed to connect all of us to the outdoors, and especially our children and youth, including National Trails Day, National Fishing and Boating Week, Welcome to the Water on National Marina Day, National Get Outdoors Day, the Great American Backyard Campout, and more; and

WHEREAS, many of our important cultural and historic events and traditions are linked to places in our state which are parts of local, state, and national parks systems; and

WHEREAS, Great Outdoors Month allows us to celebrate the partnership of federal, state and local agencies, the recreation and tourism industries and recreationists which makes outdoor recreation opportunities available, and adds new and needed features such as improved trails through the Recreational Trails Program and the Land and Water Conservation Fund; now

THEREFORE, I, Dannel P. Malloy, Governor of the State of Connecticut, do hereby proclaim the month of June 2013 as

GREAT OUTDOORS MONTH
in the State of Connecticut.


GOVERNOR

FEDERAL AGENCY SUPPORT



USDA Forest Service

168 activities took place on US Forest Service Land
6,049 people attended

87 trail projects, 3,398 volunteers, 19,875 volunteer hours, 393 miles maintained
39 hikes, 1,541 participants, 268 miles covered, 10,410 miles total hiked
4 bike rides, 52 participants, 33 miles covered, 417 miles total biked
4 paddling trips, 160 participants, 28 miles covered, 1,131 miles total
8 horseback rides, 360 participants, 86 miles covered, 3,866 miles total on horseback
26 other activities, 2,638 participants



National Park Service

130 activities took place on National Park Service Land
9,197 people attended

47 trail projects, 2,076 volunteers, 10,394 volunteer hours, 176 miles maintained
47 hikes, 3,088 participants, 221 miles covered, 13,267 miles total hiked
5 bike rides, 957 participants, 47 miles covered, 9,676 miles total biked
1 paddling trip, 13 participants, 3 miles covered, 38 miles total paddled
2 horseback rides, 28 participants, 8 miles covered, 108 miles total on horseback
28 other activities, 6,102 participants



Bureau of Land Management

40 activities took place on BLM Land
1,000 people attended

16 trail projects, 541 volunteers, 2,683 volunteer hours, 57 miles maintained
18 hikes, 448 participants, 93 miles covered, 2,234 miles total hiked
3 bike rides, 134 participants, 57 miles covered, 2,140 miles total biked
1 horseback ride, 20 participants, 20 miles covered, 400 miles total on horseback
2 other activities, 60 participants

FEDERAL AGENCY SUPPORT



US Fish and Wildlife Service

55 activities took place on USFWS Land and Refuges
3,740 people attended



9 trail projects, 408 volunteers, 1,511 volunteer hours, 31 miles maintained
25 hikes, 1,178 participants, 98 miles covered, 4,017 miles total hiked
4 bike rides, 362 participants, 49 miles covered, 6,730 miles total biked
2 paddling trips, 90 participants, 12 miles covered, 555 miles total paddled
15 other activities, 2,292 participants



U.S. Department
of Transportation

**Federal Highway
Administration**

Federal Highway Administration

The Federal Highway Administration (FHWA) promoted NTD throughout the trails and transportation community. Numerous activities took place on trails made possible by FHWA trail-funding programs.



National Trails System

31 activities took place on National Historic Trails
108 activities took place on National Scenic Trails
151 activities (estimated) took place on National Recreation Trails

CORPORATE SPONSORSHIP

National Trails Day® would not be possible without the generous support of our corporate sponsors. These partners provide the funds that are needed for the successful planning, implementation, and growth of this extensive, nationwide program. We are pleased to recognize the contributions of our sponsors on our website, in social media postings, on the National Trails Day® tees and posters, in press releases and blog articles, in e-newsletters, and wherever else we can. We hope that these partners take great pride in enabling hundreds of thousands of Americans to celebrate trails on NTD.

We are happy to note that the commitment of our sponsors frequently extends beyond providing financial support; sponsors often assist with event publicity through their own communication channels and provide other inkind support – including donations to our National Trails Day® kits or implementation of NTD events involving their own employees. We sincerely appreciate the wide range of contributions that our sponsors make to the success of NTD.



This year Adventure Medical Kits (AMK) and Columbia Sportswear opted to participate in a targeted product sampling opportunity with many of our National Trails Day® event organizers. Upon registering their NTD event, hosts were eligible to receive samples of Easy Access Bandages, Ben's Repellent, Natrapel Repellent, and After Burn from AMK. Similarly, registered hosts were able to request Coolhead Booney hats (seen on the adjacent page) from Columbia. Over 100 hosts requested products and all were thrilled to receive them.

"Looking forward to being able to provide free samples of some great Adventure Medical Kits products." - David Waldrop

"Thank you so much, this is perfect for our trail clean up day!!!" - Angie Pool

"We are a Boy Scout District function hosting for multiple units. We would appreciate any support in offering samples to our Scout Families. Thank you for very much!" - Leanne Schock

CORPORATE SPONSORSHIP

National Trails Day® was featured in thousands of publications across the country. NTD appeared in newspapers, magazines, local newsletters, on the radio and in blogs and articles all over the web. National Trails Day® generated more than 600 million media impressions over the 6 month period - January to June 2013.



National Trails Day® Manager John Michels wears the 2013 NTD T-shirt and a Coolhead Booney Hat with Omni-Freeze technology from Columbia Sportswear.



BACKPACKER advertisement

Backpacker Magazine continued its 20+ year commitment to National Trails Day® by donating advertising space in several issues. Above is a full page advertisement that ran in May, the month preceding National Trails Day®.

"Backpacker connects with nearly 1.1 million readers for whom outdoor adventure is an essential and fundamental part of their everyday lives." -Backpacker.com



Every year, American Hiking Society prints the National Trails Day® poster. This year's poster features new artwork from professional artist Sharon K. Schafer of Skydance Studios.

Additional publicity for National Trails Day® was provided by Trailspace and American Park Network.



JUNE 7, 2014 - SAVE THE DATE



AMERICAN HIKING SOCIETY
NATIONAL TRAILS DAY®

Visit www.AmericanHiking.org for details.